

CDR Preparation

The CDR Matrix is deceptive, because it appears to be a simple assessment. In fact, it is not. The interview and scoring requires significant preparation.

The interviewer/administrator needs to thoroughly review and intimately understand the CDR Matrix and prepare interview questions accordingly for each category, i.e. Memory, Orientation, Judgment, Problem Solving, Community Affairs, Home, Hobbies, Personal Care.

The following questions were taken from the first training CDR training module to provide further understanding of the need to prepare.

It is assumed that once the interviewer/rater has interviewed a few 'patients' the task of preparation will become less time-consuming.

CDR offers free on-line training to access this training take the following steps:

1. Go to (<http://alzheimer.wustl.edu> <<http://alzheimer.wustl.edu/>>)
2. Select CDR in top bar
3. Under 'On Line Training' select Go to 'CDR Training'
4. Register by entering the details (2 min)
5. Commence the training (total time allow 1 hour)

First, Interview the family informant to obtain family information to assess the 'patient'. Then interview the 'patient' using key information obtained from the informant.

Informant interview example:

Start

Tell me about your mother does she have a problem with her memory?
(Use active listening and open-end questions to explore)

- Can she recall recent events?
(Ask informant to respond to:
1. Usually 2. Sometimes 3. Rarely
- Can she remember a short list for shopping?
1. Usually 2. Sometimes 3. Rarely
- Has there been some decline in memory this past year?
- Would you say her memory has been impaired this sort of thing today versus a year ago.
- Does memory impairment interfere somewhat with every day activities?

- Will she completely forget a major event?
1. Usually 2. Sometimes 3. Rarely
- Does she forget details?
- Does she completely forget information from the distant past?
1. Usually 2. Sometimes 3. Rarely
- Need your help with some description information:
- Has anything happened in the past week of any significance?
Holiday, Family Dinner, Funeral, etc.
(Need to obtain the details, who there, their names, their relationship to the patient etc.—this information will be used to assess the 'patient's' memory and other abilities)
- When was your mother born? Her birth date?
- What is the name of the last school she attended?
Did she Graduate?
What was her first occupation?
- When did she retire?
How did that come about?

Now some (Usually/Sometimes/Rarely) questions:

- How often does she know the exact date?
1. Usually 2. Sometimes 3. Rarely
- Month?
1. Usually 2. Sometimes 3. Rarely
- Year?
1. Usually 2. Sometimes 3. Rarely
- Day of the week?
1. Usually 2. Sometimes 3. Rarely
- Can she find her way around familiar streets?
1. Usually 2. Sometimes 3. Rarely
- How often can she find her way around outside of the neighbourhood?
1. Usually 2. Sometimes 3. Rarely
- How well does she find her way around the house?
1. Usually 2. Sometimes 3. Rarely

- If you had to rate her problem solving at the present time would you say Good as ever, good but not as good as before, fair, poor, no ability at all.
- How is she with handling money?
- Can she make change with money?
- Balance the cheque book/
 1. No loss 2. Some loss 3. Significant loss
- How is she at handling everyday household chores?
As well as before or worse than before
- Can she use appropriate judgement in social situations?
 1. Usually 2. Sometimes 3. Rarely
- Does she drive a car?
- Does she take risks because of poor thinking?
- Does she drive on her own?
- Independently?
- Does she buy things on her own?
- How is her ability to carry out other activities?
- Does she participate in activities outside of home?
- Church, friends, clubs, etc.
- In general has she given up or limited her activities since the decline?
- Would a casual observer notice anything wrong?
- What changes have occurred with household chores?
- Does she operate the washer and dryer?